"Moving" into the Future

ur nation's young people are, in large measure, inactive, unfit, and increasingly overweight. In the long run, lack of physical activity threatens many young children and puts them at risk for

cardiovascular disease, diabetes, and many other health problems that result from obesity. This camp is designed to enhance the students knowledge towards physical activity and will promote physicality for a lifetime.

Enhancing efforts to promote participation in physical activity and sports among young people is a critical national priority. To increase their levels of physical activity and





fitness, young people can

benefit from: families, school programs, youth sports, and recreation programs, and the communities' environment. Fitness Camp is a summer camp that disseminates tons of different games and lifetime sports that children will have fun doing not only as a child but for the rest of their lives.

Our staff is dedicated to create a safe learning environment filled with many different strategies, resources, and creative ideas to ensure great physical activity experiences. Within Fitness Camp we will

monitor the children's physical activity and physical fitness levels. Fitness levels will be tested three different times throughout the course of the summer and will be recorded.

A merica loves to think of itself as a youthful nation focused on fitness. But behind all the professional sports teams and media images is the troubling reality of a young generation of "video" kids. These "video" kids are getting ever more sedentary and not much physical activity. Informing children on why it is important to be physically active and what it can do for their health and happiness is what Fitness Camp will broadcast.

Lincoln Parks & Recreation

Fitness Day Camp - LIFETIME SPORTS CAMP
"For a Healthier Me"

Lincoln Parks & Recreation Playgrounds Office 1225 "F" Street Lincoln NE 68508



and confidence through sports, games, swimming, and field trips

Lincoln Parks & Recreation **Fitness Camp** LIFETIME SPORTS CAMP

Components & Goals

Fitness Activities

Why is regular physical activity important for maintaining a healthy body and enhancing physiological well being?

- Activities focus on: endurance, strength, flexibility, balance, & more.
- An intro. to lifetime sports: tennis, swimming, golf, cycling, & more.
- Games & Play (Strategies/Recreation) Introduction to group games, box hockey, four square, kickball, Pepsi Hot Shot, soccer, flag football & other fun games.

Nutrition Education

Learn how to improve eating habits balance diets, make smart menu choices and learn how proper nutirition enchances academic performance.

Parents: We will be working to improve your child's physical fitness by targeting specific fitness needs, coordination, endurance and much more. We will target specific sports skills, rules, and strategies and improve their knowledge of nutrition and eating habits.

Kids: We will make camp fun; by teaching you a wide variety of sports skills, rules of play and essentials of teamwork. You will work on developing good social relationship skills, and better nutritional habits as part of your total wellness.

Register for only the weeks and times you want!

Camp Sports By Week:

Week 1: Baseball/Softball

Week 2: Golf/Tennis

Week 3: Track & Field

Week 4: Basketball

Week 5: Swimming

Week 6: Soccer

Week 7: Volleyball

Week 8: Fitness Week

Week 9: Flag-Football

Week 10: Racquet Sports

Camp Location:

Humann Elementary School 6720 Rockwood Lane

Camp Hours:

Base Camp - 8:30-4:30 Staff at site 7:00 am - 6:00 pm * A \$10/child per week non-refundable deposit due at the time of registration applies to your total bill.

Your balance is due according to this schedule:

Weeks 1-3 Payment due by May 12 Weeks 4-7 Payment due by June 2 Weeks 8-10 Payment due by June 30

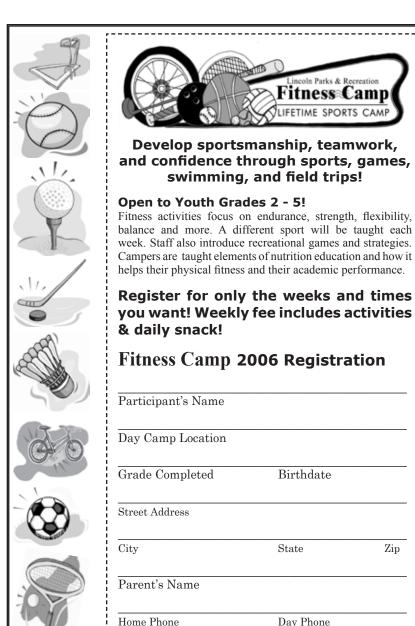
Weekly Fee: \$100.00 per child

Multiple Child Discount:

Base fee applies to the first child. Each additional child from the same family is \$5.00 off the fee only. We also have a sliding Fee Rate available.



for providing cellular location for our staff's communication needs



Name of Parent at Day Phone

T-shirt Size:

Youth Medium

Youth Large

Adult Medium

Adult Large

